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# **E-Cookbooks Prize Winning Recipe Sampler**

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## 24 Hour Potato Salad

---

1 medium head cabbage ... shredded fine  
6 small potatoes .. boiled and thinly sliced  
6 boiled eggs .. thinly sliced  
1 onion .. sliced real fine .. in rings (or chopped small)  
1 Bell pepper .. sliced thin in rings (or chopped real fine)  
Mayonnaise (this takes a LOT of mayonnaise)  
Salt and Pepper

Place layer of shredded cabbage in round salad bowl, then a layer of potatoes, layer of sliced eggs, layer of onion and Bell pepper rings.

REPEAT LAYERS. BETWEEN EACH LAYER, ADD A THIN LAYER OF MAYONNAISE, SALT AND PEPPER TO TASTE.

Cover and Refrigerate 24-hours.



# Amaretto Mousse Cheesecake

---

## Macaroon Crust:

- 1 – 7 oz package of Coconut Lightly Toasted in the oven
- 1/2 cup of sliced almonds lightly Toasted in the oven
- 1 Can of Sweetened Condensed Milk
- 1/3 cup of flour
- 1/4 cup of margarine

Mix well and press into a springform pan and set aside

## For Cheesecake:

- 1 envelope of Knox Gelatin
- 1/2 cup cold water
- 3 – 8 oz packages of cream cheese
- 1 – 5 oz can of evaporated milk
- 1/3 cup of Amaretto Liquor
- 1 – 12 oz frozen whipped topping
- 1 1/2 cups of sugar
- 1 teaspoon of lemon juice
- 1 teaspoon of vanilla

## Garnish:

- whipped topping
- marachino cherries
- melted chocolate chips

Sprinkle Knox over cold water and set aside to soften, stir over low heat until dissolved. Beat cream cheese with sugar until fluffy, gradually add evaporated milk and lemon juice. Gradually beat in Knox mixture, Amaretto and vanilla until blended. Fold in the whipped topping. Pour into crust and chill. Garnish with "balls" of whipped topping dotted with marachino cherries and sprinkled with sliced almonds and drizzled with ribbons of melted chocolate chips.

## Apple Glazed Pork Roast

---

2–3 lbs. pork loin roast (boneless)  
2 Tablespoons flour  
1 Tablespoon caraway seed  
salt to taste  
pepper to taste  
2 Cups applesauce  
2 Cups brown sugar

Mix salt, pepper, caraway seed, and flour together and rub in to roast. Set on counter for 30 minutes. Place in a 350 degree oven for 1 hour. Mix applesauce and brown sugar together and pour over the roast. Continue baking for an additional one to one and a half hours or until done.

## Apple Salad

---

- 1 – 20 oz can pineapple chunks
- 2 quarts chopped red-skinned apples (skins left on)
- 2 cups green seedless grapes, halved
- 1 1/2 cups toasted pecans
- 1 cup celery
- 1/2 cup chopped fresh parsley

### Dressing:

- 1/2 stick butter
- 1/4 cup sugar
- 1 tablespoon lemon juice
- 2 tablespoons cornstarch
- 1 cup mayonnaise

Drain pineapple, reserving the juice and set chunks aside.

Prepare the dressing: In small sauce pan combine the pineapple juice, butter, sugar, and lemon juice and bring to a boil over medium heat.

In a small bowl combine the cornstarch and enough water to make a smooth mixture; add to the boiling juice. Reduce heat and cook until mixture is thick and smooth. Chill. Whisk in the mayonnaise.

(This can be done in advance.)

Place the pineapple chunks and the rest of the salad ingredients in a large bowl. Toss well; then mix in the chilled dressing.

# Asparagus Casserole

---

GUARANTEED TO THRILL EVEN THOSE WHO HATE ASPARAGUS

- 1 sleeve of Ritz crackers
- 1/2 lb sharp cheddar cheese
- 5 boiled eggs
- 1 can cream of mushroom soup
- 1 can of asparagus (bits is cheaper)

Make a crust of crackers in bottom of cassorole dish. Drain asparagus and save juice. Place them on top of crackers then layer with sliced boiled eggs, cheese (sliced thinly), and cover with soup. Add another layer of crackers and pour asparagus juice over top. Bake at 350F for 40 min.

## Au Gratin Potatoes

---

8 medium russets, peeled and sliced thin  
(keep in cold water until needed)

In a large saucepan over medium heat, make a roux from:

3 tablespoons butter  
3 tablespoons flour

Cook for a minute, it will be a paste mixture... Do not brown!  
Stirring constantly, Slowly Slowly add:

2 1/2 cups of milk (2% is OK)

Stirring constantly add:

1 lb. of grated SHARP cheddar cheese

Keep stirring until all cheese is melted. Drain the potatoes and put into a BUTTERED large casserole dish. Add the sauce and stir to cover all the potatoes. Put in 350F oven for 2 hrs. If you don't like the top to get too brown, cover with foil after one hour.

## Baked Potato Salad

---

8 potatoes  
1/2 pound bacon  
1 pound processed American cheese, sliced  
1/2 onion, chopped  
1 cup mayonnaise  
salt and pepper to taste  
1/4 cup black olives, sliced

Preheat oven to 325F. Butter one 9x13 inch baking dish.

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool and slice 1/4 inch thick. Place bacon in a large, deep skillet. Cook over medium high heat until lightly brown. Drain, chop and set aside.

Combine the potatoes, cheese, onion, mayonnaise and salt and pepper. Mix well and pour into prepared baking dish.

Top with bacon and olives, and bake at 325F for 1 hour.

## Barley Casserole

---

- 1 box Pearled Barley – uncooked
- 3 Tbsp. Oleo
- 1 – 15 oz. can mushrooms, pieces & stems or sliced – drain with liquid going into a large measuring cup
- 1 small onion diced – or equivalent dried onion flakes
- 1 can Cream of Celery soup
- 1 Beef bouillion cube
- 2 Tblsp. dried Parsley Flakes
- Salt & Pepper

Melt oleo and lightly brown uncooked barley in large frying pan. Remove from heat.

Place bouillion cube in a cup and add just enough HOT water to dissolve the cube – set aside.

To the browned barley – add all the ingredients above EXCEPT for the mushroom liquid. This includes the dissolved bouillion cube as well. Mix well. Pour into a greased, 2–1/2 to 3 qt. casserole dish.

Add water to the mushroom liquid to equal 4 cups. Add to the barley mixture, stir gently, cover.

Bake: 350 degrees for 90 minutes – stirring once halfway through baking time.

During baking if becomes too dry, add a little water. End results should be like cooked rice – moist but not dry or watery.

## Buttermilk Coffee Cake

---

Preheat oven to 350 degrees

3/4 cup butter or margarine (softened)  
2 cups sugar  
3 cups flour

Mix into crumbs and put aside 1 cup for topping,  
divide into two equal amounts. Put aside.

Then add to the rest of the crumbs;

1 cup of buttermilk and 1 teaspoon baking soda, mixing them  
together first.  
1 teaspoon of tartar  
2 eggs  
1 teaspoon vanilla

Mix all together, you may have to add a little more buttermilk, but  
don't have the batter runny, it should be a little on the thick side,  
but pourable.

Grease and flour two (2) 8 or 9 inch round cake pans, pour the  
batter into the pans and put the crumbs on top of both, pat  
down a little.

Bake at 350 degrees for about 20 to 25 minutes or till a toothpick  
comes out clean.

These cakes are great for freezing. if you want to make ahead,  
and have extra's on hand. Wrap in Saran Wrap for best results,  
then put into a freezer bag.



# Candied Apples

---

2 cups Light Corn Syrup  
1 cup Granulated Sugar  
1/2 cup Cinnamon Red Hot Candies  
8 medium Red Delicious Apples, washed, skewered with sticks  
Chopped Walnuts or Pecans, optional

Combine the corn syrup, sugar and red hot candies in a sauce pan and bring the concoction to a boil over medium-high heat, stirring constantly. Cook, covered for about 3 minutes to allow steam to dissolve crystals that may form on sides of pan.

Uncover and cook without stirring to the soft crack stage, 290F degrees on a candy thermometer or until syrup dropped in very cold water separates into threads that are hard but not brittle.

Allow the hot candy mixture to cool for 2 minutes, then dip the apples into the mixture to coat the surface of the fruit. Allow any excess candy coating to drip off from the apples into the sauce pan. Roll the candy coated apples in nuts, if desired.

Place the candied apples on foil or wax paper squares to cool completely.

## Cape Cod Apple Cranberry Pie

---

1/2 cup sugar  
2 Tablespoons flour  
1/4 teaspoon cinnamon  
1/4 teaspoon salt  
1 teaspoon grated orange peel  
1/2 cup maple syrup  
1 Tablespoon butter  
1 1/2 cups cranberries  
3 cups sliced peeled apples  
Pastry for 2 crust 9 inch pie

Combine first 7 ingredients. Cook 2 minutes, stirring until sugar dissolves. Add cranberries. Boil 2 minutes. Fold in apple slices and cool. Pour into pastry-lined 9 inch pan. Make lattice strips of pastry dough over filling. Trim edges. Bake at 425F 40–45 minutes.

## Cappuccino Cooler

---

1 1/2 cups cold coffee (try flavored coffee too!)  
1 1/2 cups chocolate frozen yogurt or ice cream  
1/4 cup chocolate syrup  
Crushed ice

In a blender, combine coffee, ice cream, and syrup.  
Pour over ice (it has to be CRUSHED ice!). Garnish with  
whipped topping and cinnamon, or shaved chocolate.

## Carmel Apple Dip

---

- 1 can sweetened condensed milk
- 1 cup dark brown sugar
- 1 cup dark corn syrup
- 1 tsp. vanilla
- 1 8 oz. package cream cheese

In heavy sauce pan add milk, brown sugar, corn syrup till well blended and boil for 3 minutes stirring constantly. Let cool in pan. Whip cream cheese until soft and add to the cooled caramel. Blend together. Add chopped pecans or chopped peanuts on top. Eat with granny smith apples.

## Chicken in Spiced Sauce

---

2 1/2 lbs. boneless chicken  
3 tablespoons vegetable oil  
1 1/2 tablespoon flour  
1/3 cup salt-free canned tomatoes  
1/3 cup water  
1 tablespoon lemon juice  
4 tablespoons chopped onion  
3 tablespoons poultry seasoning  
1/4 teaspoon paprika  
1/8 teaspoon black pepper  
1/8 teaspoon garlic pepper  
Rice

Cut chicken into individual pieces. Heat oil in large pan. Roll chicken in flour and brown in oil over moderate heat. Add tomatoes and water, and cook 30 to 40 minutes or until tender. Add remaining ingredients 15 minutes before chicken is ready to serve. Serve over rice.

## **Chickin' Lickin' Good Pork Chops**

---

6–8 lean pork chops (1 in. thick)  
1/2 cup flour  
1 tbsp. salt  
1 1/2 tsp. dry mustard  
1/2 tsp. garlic powder  
2 tbsp. oil  
2 cans chicken & rice soup (use more if you feel like it...)

Dredge pork chops in mixture of flour, salt, dry mustard, and garlic powder. Brown in oil in large skillet. Place browned pork chops in crock pot. Add soup. Cover and cook on low for 6–8 hours, or on HIGH for 3 1/2 hours.

## Chinese Chicken Wings

---

2 dozen chicken wings, cut in pieces at joint  
(discard wing tips)

Mix together:

1/2 cup brown sugar

1/2 cup soy sauce

1 Tablespoon ground ginger

1 Tablespoon dry mustard

1/2 teaspoon garlic powder

Directions:

In large non-metal bowl, marinate wings over night. Place on cookie sheet close together and bake, uncovered for 60–90 minutes at 300 degrees F. Baste wings frequently.

## Chocolate Kiss Pie

---

- 1 12–13-ounce package chocolate kisses
- 2 ounces milk
- 1 8-ounce package cream cheese
- 1 12-ounce carton frozen whipped topping, thawed
- 1 chocolate ready-made pie crust

Remove foil wrappers and melt kisses over medium heat in the milk. When melted, add cream cheese and stir until completely melted. Rapidly stir in whipped topping with the heat off. (Be careful it doesn't burn). Pour into crust. Refrigerate until set. Serves 6–8.



## Chocolate Walnut Biscotti

---

4 oz. semisweet chocolate, coarsely chopped.  
1 cup granulated sugar  
1 3/4 cups all purpose flour  
1/3 cup unsweetened cocoa powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
3 eggs  
1 teaspoon vanilla extract  
2 1/2 cups coarsely chopped walnuts

Preheat oven to 300 F. Line a large baking sheet with parchment paper or waxed paper.

In a food processor fitted with the metal blade, combine the chocolate and sugar and grind until the chocolate is very fine. Set aside. In a bowl, sift together the flour, cocoa powder, baking soda and salt. Set aside.

In a mixing bowl combine the eggs and the vanilla. Beat at medium speed to blend. Reduce the speed to low, add the chocolate and flour mixtures and mix until a stiff dough forms, adding the walnuts when about half mixed. Transfer the dough to a floured surface and gather it together. Divide in half. Form each half into a log 12 inches long. Carefully transfer the logs to the prepared baking sheet, spacing them evenly. Pat to even up the shapes. Bake until almost firm to the touch, about 50 min. Let cool for 10 min. Leave the oven set at 300 F.

Using a spatula, transfer the logs to a work surface. Using a serrated knife, cut on the diagonal into slices 1/2–3/4 inch thick. Return the slices cut-side down to the baking sheet. Bake for 25 min. Turn the slices over and bake until crispy and dry, about 25 min. longer.

Transfer the cookies to wire racks to cool. Store in an airtight container at room temperature for up to 1 month.

Makes about 2 1/2 dozen

## Christmas Marmalade

---

- 1 large lemon
- 1 large (20 oz.) can crushed pineapple
- 3 oranges
- 1 jar maraschino cherries, drained & cut up
- 1/2 cup chopped walnuts (optional)
- 6 cups sugar
- 1/2 cup water

Grind lemon and oranges. Add pineapple and 1/2 cup water. Bring to a boil and cook about 45 minutes. Add 6 cups sugar and jar of cherries. Add nuts. Cook until it jells, about 30 minutes. Pour into 4 or 6-ounce sterilized jars; seal and process according to jar manufacturer's directions.

## C.M.P. Cake

---

### CRUST:

2/3 cup ground peanuts

1 cup flour

1 stick margarine or butter (room temp.)

Mix as for pie crust, pat into 9x13 pan or glass casserole.

Bake 20 minutes at 350F.

### LAYER #1:

1/4 cup peanut butter (creamy style)

1 – 8 oz. cream cheese (room temp.)

Cream until smooth add:

1/2 cup powdered sugar

Mix well, add:

1 – 8 oz. cool whip

Let stand before spreading on cool crust.

### LAYER #2:

2 3/4 cup milk

1 small pkg vanilla instant pudding

1 small pkg chocolate instant pudding

Beat until smooth, spread on top of peanut butter mixture.

### LAYER #3

1 – 8 oz. cool whip

Spread on top of pudding mixture. Sprinkle with crushed peanuts.

Refrigerate until firm and serve. May be frozen in advance.

## Coconut Dream Cake

---

1 BOX DUNCAN HINES BUTTER RECIPE CAKE MIX  
1 CAN COCO LOPEZ OR CREAM OF COCONUT  
1 CAN SWEETENED CONDENSED MILK  
1 SMALL TUB COOL WHIP  
6 OZ. SHREDDED COCONUT  
1/2 CUP CHOCOLATE SYRUP

BAKE CAKE ACCORDING TO DIRECTIONS, REMOVE FROM OVEN.  
MIX COCO LOPEZ AND SWEETENED CONDENSED MILK. PUNCH  
HOLES IN CAKE WITH STRAW OR FORK, POUR MIXTURE OVER  
CAKE IMMEDIATELY WHILE STILL WARM, REFRIGERATE, UNTIL COOL,  
POUR CHOCOLATE SYRUP OVER CAKE, FROST WITH COOL WHIP  
AND SPRINKLE THE SHREDDED COCONUT OVER CAKE.  
KEEP REFRIGERATED.

## Cottage Cheese Pie

---

4 eggs  
1 cup sugar  
4 teaspoons vanilla  
2 tablespoons flour  
1 can Pet milk (or any evaporated milk)  
1 Lb. Cottage Cheese  
Nutmeg

Beat first six ingredients well in a Blender. Pour into two (2) unbaked pie shells and sprinkle nutmeg over the tops. Bake in a very slow (250 degrees) oven for about one hour.

## Crab Stuffed Zucchini

---

1/2 lb. imitation crab  
4 zucchini (about 7")  
2 eggs, beaten  
1 cup shredded cheddar cheese  
1/2 cup small curd cottage cheese  
1/4 cup green onion, chopped fine, green part too  
1/2 tsp. salt  
dash pepper

Wash zucchini and trim ends. Cook until tender in boiling salted water and cover for about 10 minutes. Cut zucchini in half lengthwise, scoop out seeds and drain zucchini shells. Combine crab and remaining ingredients. Spoon into shells and bake on greased baking sheet at 350 degrees for 15 minutes, then 450 for 5 minutes.

## Cranberry Nut Scones

---

2 cups all purpose flour  
1/4 cup sugar  
1 Tablespoon baking powder  
1/4 teaspoon salt  
1/3 cup cold butter or margarine (Butter is best)  
1/2 cup chopped nuts (your choice, I use pecans)  
1/2 cup dried fruit cut in small pieces (I use dried sweetened cranberries)  
1 Tablespoon grated orange peel  
1 cup heavy cream (whipping cream)

In medium bowl, mix all dry ingredients and cut in butter till it looks like fine crumbs. Then add your dried fruit, chopped nuts & grated orange peel. With a fork mix in the cream, just till all ingredients are moist. Remove to knead about 8 times on lightly floured surface. Divide dough in half and pat into 2 – 6 inch circles.

Cut each circle into 8 triangles and place the triangles on an ungreased baking sheet leaving about 1 inch between them and bake about 15 minutes in 375 oven. Serve with jam of your choice.

You can also serve with Devonshire Cream:

Take 3 ounces of cream cheese and add 4 teaspoons of confectioners sugar and 1 teaspoon vanilla. Mix well and add about 1/3 cup heavy cream till smooth. Refrigerate till ready to eat. Place on top of scone with jam on top. Super delicious!!!!!!

## Cream Cheese Cupcakes

---

3 – 8 oz. Pkgs. Cream cheese  
5 eggs  
1 cup sugar  
1 1/2 teaspoons vanilla

Have cheese and eggs at room temperature. Blend cream cheese thoroughly and add eggs one at a time. Gradually add sugar and vanilla. Fill cupcakes to 1/4 inch of top. Bake at 300 degrees until top cracks (40 minutes). Remove from oven and cool 5 minutes.

Topping:

1/2 pint sour cream  
1/4 teaspoon vanilla  
1/2 cup sugar  
1 can cherry or strawberry pie filling

Mix sour cream, vanilla and sugar. Spread on top of cupcakes and bake 5 minutes at 300 degrees. Top with pie filling and refrigerate.

For calorie/fat conscious individuals, low fat cream cheese, sour cream and egg substitutes can be used.



## Cucumber Boats

---

- 2 large cucumbers (very straight)
- 2 oz. mushrooms chopped finely
- 1 large tomato, chopped finely
- 2 spring onions (scallions), chopped finely
- 1 clove garlic, crushed or chopped very finely
- 1/4 cup plain yogurt
- 3 oz. Gruyere (or other mild) cheese, grated

Quarter the cucumbers but do not peel. Scoop out the seeds to make hollows. Discard the seeds. Simmer cucumber quarters for 7–8 minutes until slightly tender. Drain upside down on kitchen paper and cool. Refrigerate until ready to fill.

Mix all other ingredients except cheese. Refrigerate for 30 minutes. Then fill the 'boats' with the mixture. Cover tops of 'boats' with grated cheese and place under very hot grill/broiler until cheese is melted and bubbling slightly.

Serve immediately as an appetizer with hot crusty French bread.

## **Easy Low-fat Chicken Cordon Bleu**

---

4 boneless, skinless chicken breasts  
8 slices thin deli ham  
4 slices low fat swiss cheese (can use regular Swiss Cheese, too!)  
Butter Buds (regular butter works fine, too, but forget the  
"low fat" title, then!)  
Shredded Wheat biscuits (large ones), crumbled

Pound chicken breasts with kitchen mallet to tenderize and flatten.  
On each breast, place 2 pieces of the ham (spread out to cover breast),  
1 slice Swiss Cheese (place in the middle). Roll each breast up and  
secure with toothpick. Dip each rolled breast into Butter Buds  
(made with liquid), then roll in Shredded Wheat. Bake at 350 degrees  
for about 30 minutes, until browned.

## **Favorite Meatloaf**

---

- 1 1/2 pounds lean ground beef
- 1/2 pound ground sausage
- 1/3–1/2 package seasoned bread crumbs
- 1–2 eggs
- 1–2 tablespoon milk
- 1/4 cup ketchup
- 1 finely chopped onion
- 1/2 finely chopped green pepper
- 1 clove garlic, pressed and finely chopped
- 1–2 tablespoons steak sauce
- 1–2 tablespoon Worcestershire sauce
- 1–2 cups grated cheddar cheese
- 4–6 slices uncooked bacon

Mix everything together (except the bacon) until uniformly blended. Shape into a loaf and place in a large loaf pan or baking dish. Lay the bacon side by side lengthwise on top of the meatloaf. Cover with aluminum foil and bake at 350F for 1 hour. Then uncover and bake an additional half hour.

## **Green Chile Chicken Enchiladas**

---

12 corn tortillas  
1/2 cup oil  
12 ounces Monterey Jack cheese, shredded  
3/4 cup onion, chopped fine  
1/4 cup butter  
1/4 cup flour  
2 cups chicken broth  
4 ounces green chile, chopped  
1 cup sour cream  
3 chicken breast halves without skin, boiled and shredded  
chopped green onion and cilantro, garnish

Cook tortillas in hot oil until softened (5 seconds, one at a time)  
Place some chicken, cheese, and onion on each tortilla and roll up.  
Place seam side down in greased baking pan.

Melt butter, add flour, stir well. Add broth; cook till thick. Stir  
in sour cream and chiles. Stir until heated. Pour over enchiladas.

Bake at 375F for 20 minutes or until heated through. Put remaining  
cheese on top and return to oven for 5 more minutes. Garnish with  
chopped green onions and cilantro.

## **Green Chilies Rellenos Casserole**

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3 – 7 oz. cans of Old El Paso whole Green Chilies  
1/2 Lb. Grated Sharp Cheddar Cheese (large grate)  
1/2 Lb. Grated Monterey Jack Cheese (large grate)  
1 – 12 oz Can Evaporated Milk  
4 eggs, separated  
3 Tablespoon Flour  
2 cups Tomato sauce  
1/2 teaspoon Salt

(Open Chilies and remove seeds)

Using a 13x9 glass casserole dish, cover the bottom with 1/2 of the Chilies. Cover Chilies with 1/2 of the Cheddar Cheese. Now add 1/2 the Monterey Jack Cheese. Layer on your remainder of Chilies–Cheddar–and Jack.

Beat egg yolks; add Milk, Flour, salt and mix. Beat egg whites to soft peaks and carefully fold into flour mixture. Pour this over top of Chili Cheese layers and bake covered at 325F for 1 Hr. Uncover, add Tomato sauce, and return to 325F oven uncovered for 1/2 hr. Let cool for 15 min. and enjoy.

# Hot Pecan Brownies

---

For chocolate sauce:

- 3/4 cup packed dark brown sugar
- 1/4 cup unsweetened cocoa powder
- 1 cup water
- 1 cup heavy cream
- 2 tablespoons vanilla
- 1/2 teaspoon instant coffee

For brownie layer:

- 1 cup all-purpose flour
- 3/4 cup granulated sugar
- 1/4 cup unsweetened cocoa powder
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup well-shaken buttermilk
- 1/2 stick unsalted butter, melted
- 1 teaspoon vanilla
- 1/2 cup pecans, toasted and chopped

Preheat oven to 350 degrees F.

Stir together sauce ingredients with a pinch of salt in a sauce-pan and bring to a simmer over moderate heat, stirring occasionally until smooth. Remove from heat and keep hot, covered.

Sift together flour, sugar, cocoa and baking powders, and salt into a large bowl. Stir in buttermilk, butter, vanilla, and nuts until just blended. Spread batter in a greased 8"x8" pan and pour hot sauce on top. Bake in middle of oven until the top is firm a dry to the touch (brownie layer will rise to the top, and sauce will sink), 35-40 minutes. Cool in pan on a rack 15 minutes. Spoon brownies and sauce onto plates and serve with ice-cream and nuts.

## Italian Stir Fry

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Serves 2 (or 3 light eaters)

- 1/2 pound mild Italian sausage
- 1 clove garlic, minced
- 1/2 teaspoon Italian herbs
- 1/2 cup each green, yellow and red bell peppers, cut into 1/2 to 3/4 inch chunks (or 1–1/2 cups green if yellow and red aren't available)
- 1/2 medium onion, cut into 1/2 to 3/4 inch chunks
- 3 or 4 medium mushrooms, sliced

Brown sausage in nonstick skillet over medium high heat, breaking it up as it cooks. Drain off fat. Add garlic and herbs. Stir well. Add peppers, onions and mushrooms. Cook quickly until vegetables are just crispy tender.

Serve with a side of fresh cooked vermicelli topped with a tomato pasta sauce (I use Five Brothers' Marinara with Burgundy Wine), and fresh grated Parmesan cheese.

## Kebab Stew

---

2 LBS EGGPLANT (LONG)  
2 LBS MEDIUM FAT GRAUND BEEF  
1 LARGE ONION  
3 TOMATOES (CUT IN 4)  
1 TABLESPOON TOMATO PASTE  
SALT + PEPPER  
1 TABLESPOON BUTTER  
1 LEMON JUICE

PEEL EGGPLANTS, CUT LONGWISE AND THEN 2 INCH THICK.  
IN A SEPERATE BOWL COMBINE GROUND BEEF WITH SALT AND  
PEPPER. ON A SKEWER, PUT ONE EGGLANT, ONE WALNUT SIZE  
BEEF BALL. AND THEN 2 EGGLANT, ONE BEEF BALL. REPEAT.  
(TOTAL 3 BEEF BALLS AND 6 EGGPLANTS)

ON CHARCOAL, BARBECUE THE SKEWERS. ALSO, BARBECUE  
THE TOMATOES ON SKEWERS.

IN THE MEANTIME, PUT A CASSEROLE ON THE STOVE TOP WITH  
1 TABLESPOON BUTTER. WHEN MELTED PUT DICED ONIONS,  
STIR UNTIL SOFTENED, THEN PUT TOMATO PASTE, 1 MINUTE  
LATER PUT WATER (3 CUPS). WHEN ALL THE SKEWERS  
ARE BARBECUED, PUT THEM IN THE CASSEROLE AND COOK  
FOR 20 MINUTES, THEN ADD LEMON JUICE. SERVE WITH PLAIN RICE.



## Michigan Sauce

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2 lbs. Ground Beef  
4 teaspoons chili powder  
1/2 teaspoon garlic powder  
2 – 8 oz cans of tomato sauce  
1/2 teaspoon ground cumin  
1/2 teaspoon onion powder

Add all ingredients in a large pan. (Do Not brown the ground beef before adding the other ingredients.) Bring ingredients to a boil over a medium high heat, stirring often to keep from burning. Turn heat to low and simmer as you would for a good spaghetti sauce.

Serve on top of a hot dog on a bun with mustard and diced onions (if desired) or you can serve it with just the bun (called a sauce burger). Can be frozen and taste even better after reheating.

## **Mitch Murray's Mad Tuna Salad**

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1 cup Tuna in oil (drained and flaked)  
1 cup creamed cottage cheese  
1/2 cup Mayonnaise  
1/4 cup finely chopped green onions  
1/4 finely chopped fresh celery  
1/2 cup roughly chopped Blue Diamond Barbecue Flavor Almonds  
5 chopped fresh radishes  
Garlic Salt and Black Pepper

Carefully fold all ingredients together until well mixed.  
Refrigerate and don't dare eat any of it until tomorrow, y'hear?  
It's worth waiting for. Trust me.

## Onion Cranberry Relish

---

- 1 tablespoon vegetable oil
- 2 small yellow onions, about 3/4 pound, finely diced
- 1/2 teaspoon salt
- 1/2 cup light brown sugar
- 1/4 cup balsamic vinegar
- 1 cup apple juice
- 1/4 cup raisins
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 cinnamon stick
- 6 ounces fresh cranberries (half of a 12-ounce package)

Oil a skillet with a thin coating of oil. Heat over medium-high heat for 2 minutes. Add the onions and stir for 4–5 minutes until they begin to soften. Add the salt, sugar, balsamic vinegar, apple juice, raisins, ginger, cloves and cinnamon. Bring to a boil, reduce heat, cover and simmer for 15 minutes. Rinse the cranberries under cold water; remove any soft or mushy berries. Add the cranberries to the onion mixture, cover and simmer for 5 minutes or until the cranberries have popped. Transfer to a bowl. Cover and chill until ready to serve. Remove the cinnamon stick before serving.

# Paper Sack Chicken

---

1 Chicken – cut up

Sauce:

- 3 tablespoons catsup
- 2 tablespoons vinegar
- 1 tablespoons lemon juice
- 2 tablespoons worcestershire sauce
- 3 tablespoons brown sugar
- 4 tablespoons water
- 2 tablespoons butter
- 1 teaspoon dry mustard
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon salt

Heat sauce. Dust cut-up chicken pieces well with flour, salt and pepper. Grease the interior of a common grocery bag (paper). Pour sauce over chicken and put pieces in the bag. Fold and fasten the end, lay it on a cookie sheet. Bake at 350F for 1 1/2 hours. Slit sack open, fold back and serve.

## Pepper Pork Medallions

---

1 1/2 lb. boneless pork loin or leg steak (1/8 inch thick)  
1/2 cup flour  
1 cup sun dried tomatoes  
Olive oil as needed  
24 small mushrooms, sliced  
6 shallots or 1 large onion, minced  
1 1/2 cups chicken stock  
3/4 cup cooking sherry  
1/4 cup Worcestershire sauce  
2 tbsp. chopped fresh parsley  
1/4 tsp. each dried oregano, basil, thyme  
1/4 tsp. each dried dill, rosemary  
1/4 tsp. salt and ground black pepper  
1/2 each sweet red, yellow and green peppers, julienned

Flatten pork medallions with your hand; lightly flour. Blanch tomatoes in boiling water for 2 minutes; drain and cut into thin strips.

Over medium low heat, saute medallions in oil 1 1/2 minutes per side, remove from pan and keep warm. In a large saucepan, over medium heat, saute mushrooms and shallots in 2 tablespoons oil 1 to 2 minutes. Stir in stock, sherry, tomatoes, Worcestershire sauce, parsley and seasonings. Add medallions and simmer 5 to 10 minutes.

Meanwhile, saute peppers in 2 tablespoons oil and use to garnish medallions. Serve over pasta or rice.

## Pimento Cheese Dip

---

1 – 4 oz. can pimientos, chopped and oil reserved  
1/2 cup mayonnaise  
1/4 cup Durkee's hot sauce  
1 tablespoon Dijon style mustard  
1/8 teaspoon cayenne  
1 clove garlic, minced  
1/3 cup freshly chopped parsley  
2 teaspoons sugar  
1/2 lb. grated mild cheddar cheese  
1/3 lb. grated processed American cheese

Combine all ingredients except cheeses. Add grated cheeses and mix well. Moisten with reserved pimiento oil. Chill overnight to ripen flavor.

## Raspberry Inferno Sauce

---

1/2 chipotle pepper  
1 teaspoon adobo sauce  
1/2 jalapeno; seeded  
8 oz. raspberry preserves

Buy the chipotle peppers already in the adobo sauce, and use them in the recipe. Use a processor to mix and store refrigerated. GREAT as a sauce for chicken wings!!!!!!

## Really Cool Shrimp Salad

---

2 Lbs. Medium Shrimp  
1 Cup Miracle Whip  
1/2 Cup Green Onions  
1 Green Bell Pepper  
1 Small Head of Lettuce  
1 Medium Tomato  
1/2 Cup Mozzarella Cheese

Peel, devein, and boil shrimp. Chop lettuce, bell pepper, tomato, green onions and shrimp, and mix together in bowl... Shred mozzarella cheese and add to salad.. Add miracle whip and mix together well. Refrigerate for at least one hour and serve by itself or with your favorite seafood meal.....



## Reuben Layered Salad

---

1– 8 ounce Drained Sauerkraut  
8 cups torn lettuce leaves  
1/2 cup sliced green onions  
1 medium tomato, diced  
3/4 pound deli corned beef, cut in julienne strips  
1 1/4 cups Thousand Island dressing  
6 ounces shredded Swiss cheese

In a 9 X 13 inch dish, layer sauerkraut, lettuce, onion, tomato and corned beef. Carefully spread dressing. Sprinkle with cheese. Refrigerate overnight.

Top with: Pumpernickel Croutons

Brush both sides of 6 slices of pumpernickel bread with 1/4 cup melted butter. Cut into cubes. Place on jelly roll pan and bake in a 350 degrees oven until crisp, stirring occasionally for about 15 minutes.

## Sea Breeze Scrambled Eggs

---

4 eggs  
2 tablespoons milk  
1/2 teaspoon dried tarragon  
2 tablespoons butter  
4 ounces imitation crab meat (shredded)  
3 ounces cream cheese (cut in pieces)  
salt and pepper to taste

Mix eggs with milk, tarragon, salt and pepper. In a skillet, melt butter over medium high heat. Add crab and warm while stirring. Add egg mixture and scramble until about 80% done. Stir in cream cheese and continue cooking until eggs are set and cream cheese is melted.

# Strawberry Pie

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## CRUST:

- 1 stick Butter or Margarine
- 1 cup Flour
- 1 cup chopped Pecans

Allow butter to come to room temperature. Beat butter and flour until combined. Add pecans, mix until combined. Press into lightly greased pie plate and bake 20 minutes at 350. Cool.

## STRAWBERRY FILLING:

- 1 pint fresh Strawberries
- 1 bag Strawberry Gel

Clean, hull and slice berries, combine with gel.

## CREAM FILLING:

- 1 8 oz. pkg. Cream Cheese (not light or fat free)
- 1 12 oz. container Cool Whip
- 1 cup Powdered Sugar

In mixer, beat cream cheese until smooth. Add sugar and beat until combined. Add Cool Whip and beat until combined and fluffy.

## ASSEMBLY:

Into cooled pie crust layer, 1/2 of cream filling, all strawberry filling, top with remaining cream filling. Garnish with sliced strawberries (optional). Cover and refrigerate at least 2–3 hours. Slice and serve. Yum! Yum!

## Stuffed Sausage Shells

---

1 pound Italian sweet sausage  
1/2 cup chopped onions  
4 slices bread, crumbled  
1 egg  
1/4 cup fresh parsley or 1 teaspoon dried  
20 Jumbo Shells, parboiled and drained  
2 jars (15 1/2 ounce) Ragu' Spaghetti Sauce, divided  
1/4 cup Parmesan cheese

Pre-heat oven to 350 degrees

1. Prick sausage with fork and parboil in small amount of water, in covered skillet for 15 minutes. Drain. Chop sausage and fry along with onions, until brown and crumbly, stirring often. Spoon off excess fat. Add egg, bread, and parsley, and mix thoroughly.
2. Fill hot parboiled shells with sausage mixture, using a teaspoon.
3. Pour 1/2 Ragu Spagetti sauce into a 13 x 9 x 2 inch pan. Arrange shells in pan.
4. Pour remaining Ragu sauce over shells. Cover tightly with foil and bake for 30 minutes, or till hot and bubbly.
5. Remove foil; sprinkle grated parmesan cheese over top and bake uncovered for about 10 minutes more.

Serve with a salad and homemade bread.  
These leftovers freeze very well.

## Summer Strawberry Bread

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1/2 cup butter or margarine or solid white vegetable shortening  
1 cup sugar  
1/2 teaspoon almond or vanilla extract  
2 eggs separated  
2 cups flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 tsp salt  
1 cup fresh crushed or diced strawberries

Cream butter, sugar and extract until fluffy. Beat in egg yolks. Sift the remaining dry ingredients. Add the sifted ingredients alternately with strawberries to creamed mixture. Beat whites until stiff but not dry. Fold into berry mixture. Grease a loaf pan and line with greased wax or brown paper. Place batter into pan. Bake in a preheated 350F oven about 1 hour or tested done. Remove to rack to cool. Remove from pan after 15 minutes and let cool completely. Freezes well. Great as is or toasted and spread with cream cheese.

## **Sweet Potato–Pecan Casserole**

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STEP I: MASH 2 CUPS COOKED SWEET POTATOES (ABOUT 6 MEDIUM)

STEP II: SCALD 1 CUP MILK. ADD 1 CUP BROWN SUGAR & 1/2 CUP BUTTER.

COOL TO LUKEWARM

STEP III: COMBINE I & II. ADD THE FOLLOWING:

4 EGGS

1 teaspoon CINNAMON

1 teaspoon SALT

1/2 teaspoon NUTMEG

1/2 teaspoon ALLSPICE

1/3 CUP BROKEN PECANS

STEP IV: MIX WELL AND POUR INTO A GREASED CASSEROLE (1 1/2 QT.)  
(MAKES 6 – 8 SERVINGS)

\* CAN BE COVERED AND FROZEN AS IS UNTIL USED.  
(DEFROST BEFORE BAKING)

\*\* BAKE AT 425 FOR 15 MINUTES, TURN DOWN OVEN TO 375F FOR  
30 MINUTES LONGER OR UNTIL FIRM.

## Tomato Basil Soup

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4 cups fresh tomatoes – peeled, cored and chopped  
4 cups good chicken stock  
10 (about) fresh basil leaves  
1 cup heavy cream  
1/4 pound unsalted butter  
salt and pepper to taste

Combine tomatoes and stock in saucepan. Simmer 30 minutes. Puree, along with the basil leaves, in small batches, in a blender or food processor. Return to saucepan and add cream and butter, while stirring over low heat. Garnish with extra basil leaves and serve with your favorite bread.

## Veggie Latkes

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- 2 medium russet potatoes
- 1 small carrot
- 1 small zucchini
- 3/4 cup shredded cabbage
- 1 small onion
- 1 large rib celery
- 1/4 cup flour
- 2 eggs
- 1/2 cup shredded mozzarella cheese
- salt and pepper to taste
- 1/4–1/2 teaspoon granulated garlic
- 1/2 teaspoon parsley

With a sharp potato peeler, slice long thin pieces from the carrot and zucchini. Cut the celery into long very thin strips. Stack carrot, zucchini, and celery together and cut into 2 inch long pieces. Julienne the onion. When all vegetables are cut, grate the potatoes. Mix the grated potato with the flour and toss lightly. Add seasoning and remaining vegetables. Toss well to mix thoroughly. Beat eggs until well mixed. Combine with veggie mixture until eggs are well distributed. Pour a little olive oil into a frying pan and heat over medium high heat. When pan is hot, drop tablespoonfuls for the mixture into the pan, flatten with a spatula to the depth of a pancake. Don't make them too big or too thick for the middle will get mushy. Fry until golden brown, then turn over and sprinkle with the cheese. Fry until second side is brown. Keep warm until the remainder of the batter is fried.

Serve hot.

You can adjust this recipe for whatever crispy vegetable you like and whatever seasonings you find appealing. Enjoy, these are practically guilt free!



## Wild Rice and Mushroom Soup

---

2 oz. Butter  
1/2 lb. Carrots (diced fine)  
1/4 lb. Leeks (diced fine)  
1 pound sliced Mushrooms  
1/2 cup Sherry  
1/2 cup Flour  
2 cups Wild Rice  
3 qts. Vegetable Stock  
1 qt. Heavy Cream  
2 tbl. Fresh Thyme  
3 tbl. Parsley

Cook rice in 2 qts. of water until just bloomed (about 40 min.).  
Melt butter and saute carrots & leeks over medium-high heat for about 10 minutes. Add mushrooms and cook until soft; add flour and stir well. Deglaze pan with sherry and reduce a little. Add vegetable stock and cook until blended – about 30 minutes. Add wild rice & heavy cream and bring back to heat. Add herbs and season with salt and pepper.

## Zucchini Chocolate Cake

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- 1 1/2 cups oil
- 1 2/3 cups sugar
- 4 eggs
- 2 cups flour
- 1/2 cup ground cocoa
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 3 cups shredded zucchini
- 1 cup chopped walnuts

Mix together the oil, sugar and eggs. Mix the dry ingredients together. Add the dry ingredients to the sugar mixture. Add the zucchini and walnuts and mix. Place in a greased 9' x 13' pan and bake at 350F for 45–50 minutes.